



## Kazakhstan

### GENERAL INFORMATION

Kazakhstan is a country with an approximate area of 2717 thousand square kilometers (UNO, 2008). The population is 15,753,460 and the sex ratio (men per hundred women) is 92 (UNO, 2009). The proportion of the population under the age of 18 years is 28% and the proportion above age 60 is 7% (UNO, 2009). The literacy rate is 100% for men and 100% for women (UN Statistics, 2008). The life expectancy at birth is 60 years for males and 72 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 53 years for males and 72 years for females (UNPD, 2010). The country is in the Upper Middle income group (based on 2010 World Bank criteria). The total expenditure on health as a percentage of gross domestic product is 4.48% and the per capita government expenditure on health (PPP int. \$) is \$227.0 (WHO, 2006). The suicide rate for males is 46.2 per 100, 000 population and for females is 9.0 per 100, 000 population. In Kazakhstan, neuropsychiatric disorders are estimated to contribute to 12.4% of the global burden of disease (WHO, 2008).

### GOVERNANCE

An officially approved mental health policy doesn't exist. Mental health is specifically mentioned in the general health policy.

A mental health plan doesn't exist.

Dedicated mental health legislation exists and it was initiated or most recently revised in 2009. Legal provisions concerning mental health are also covered in other laws (e.g., welfare, disability, general health legislation etc.).

### FINANCING

Mental health expenditures by the government health department/ministry are not available. Mental hospital expenditures are not available.

### MENTAL HEALTH CARE DELIVERY

#### Primary Care

Prescription regulations do not authorize primary doctors to prescribe psychotherapeutic medicines. Likewise, primary health care nurses are not permitted to prescribe and/or to continue prescription of psychotherapeutic medicines nor are primary health care nurses permitted to independently diagnose and treat mental disorders within the primary care system.

The majority of primary health care doctors and nurses have not received official in-service training on mental health within the last five years. Officially approved manuals on the management and treatment of mental disorders are not available in the majority of primary health care clinics. Official referral procedures for referring persons from primary care to secondary/tertiary care exist, as do referral procedures from tertiary/secondary care to primary care.

#### Mental Health Services

Data collected in 2011

UN = information unavailable, NA = item not applicable

## Availability of mental health facilities

	Total number of facilities/beds	Rate per 100,000 population	Number of facilities/beds reserved for children and adolescents only	Rate per 100,000 population
Mental health outpatient facilities	32	0.2	1	0.01
Day treatment facilities	15	0.1	0	0.0
Psychiatric beds in general hospitals	274	1.74	0	0.0
Community residential facilities	0	0.0	NA	NA
Beds/places in community residential facilities	0	0.0	NA	NA
Mental hospitals	31	0.2	1	0.01
Beds in mental hospitals	9660	61.32	863	5.48

## Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	1877.43	40%	20%
Persons treated in mental health day treatment facilities	36.54	UN	UN
Admissions to psychiatric beds in general hospitals	UN	UN	UN
Persons staying in community residential facilities at the end of the year	NA	NA	NA
Admissions to mental hospitals	343.09	UN	5%

## Long term care in mental hospitals (% of persons staying):

Less than 1 year	UN
More than 1 and less than 5 years	UN
More than 5 years	UN

**HUMAN RESOURCES****Workforce and training**

	Health professionals working in the mental health sector Rate per 100,000	Training of health professions in educational institutions Rate per 100,000
Psychiatrists	6.26	UN

Data collected in 2011

UN = information unavailable, NA = item not applicable

Medical doctors, not specialized in psychiatry	0.79	0.53
Nurses	UN	UN
Psychologists	0.29	0.29
Social workers	UN	UN
Occupational therapists	UN	UN
Other health workers	UN	NA

### Informal human resources (Family and User Associations)

	User	Family
Present in the country?	Yes	No
Number of members	28	NA
Participation in the formulation/implementation of policy/plan/legislation?	Not routinely	NA

## MEDICINES

Expenditures for medicines for mental and behavioral disorders at country level

Type of Medicines	Expenditures at country level per year and per 100,000 population (in USD)
All the psychotherapeutic medicines <sup>1</sup>	UN
Medicines used for bipolar disorders <sup>2</sup>	UN
Medicines for psychotic disorders <sup>3</sup>	UN
Medicines used for general anxiety <sup>4</sup>	UN
Medicines used for mood disorders <sup>5</sup>	UN

## INFORMATION SYSTEMS

	Data on number of people/ activities are collected and reported	Data on age and gender are collected and reported	Data on patient's diagnosis are collected and reported
Persons with mental disorders treated in primary	No	No	No

<sup>1</sup> N03AG01, N05A, N05B, N05C, N06A

<sup>2</sup> N03AG01, N05A, N05B, N05C, N06A

<sup>3</sup> N05A (excluding N05AN)

<sup>4</sup> N05B & N05C

<sup>5</sup> N06A

Data collected in 2011

UN = information unavailable, NA = item not applicable

health care			
Interventions (psychopharmacological and psychosocial) delivered in primary health care for people with mental disorders	No	No	No
Persons treated in mental health outpatient facilities	Yes	Yes	Yes
Contacts in mental health outpatient facilities	Yes	Yes	Yes
Persons treated in mental health day treatment facilities	Yes	Yes	Yes
Admissions in general hospitals with psychiatric beds	No	No	No
Admissions in mental hospitals	Yes	Yes	Yes
Days spent in mental hospitals	Yes	Yes	Yes
Admissions in community residential facilities	NA	NA	NA

Note: mental health data (either on the public system, private system or both) have been compiled for general health statistics in the last three years, but not in a specific mental health report